Instructions for the Apprentices in the *Company* of *Cooks*, *London*.

YOU shall constantly, and devoutly, on your knees every day serve God, morning and Evening, and make conscience in the due hearing of the Word preached and endevour the right practise thereof in your life & conversation: You shall doe diligent and faithfull service to your Master for the time of your Apprentishipp and deal truly in what you shall be trusted: You shall often read over the Covenants of your Indenture, and see and endevour your self to perform the same to the uttermost of your power: You shall avoid all evill company, and all occasions which may tend to draw you to the same, and make speedy return when you shall be sent of your Masters or Mistresse errands: and you shall avoid idlenesse, and be ever imployed either for Gods service, or in your Masters busines: you shall be of fair gentle and lowly speech and behaviour to all men, and especially to your Governors, and to the Wardens and others of this Company. And according to your carriage expect your reward, for good or ill, from God and your friends.

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